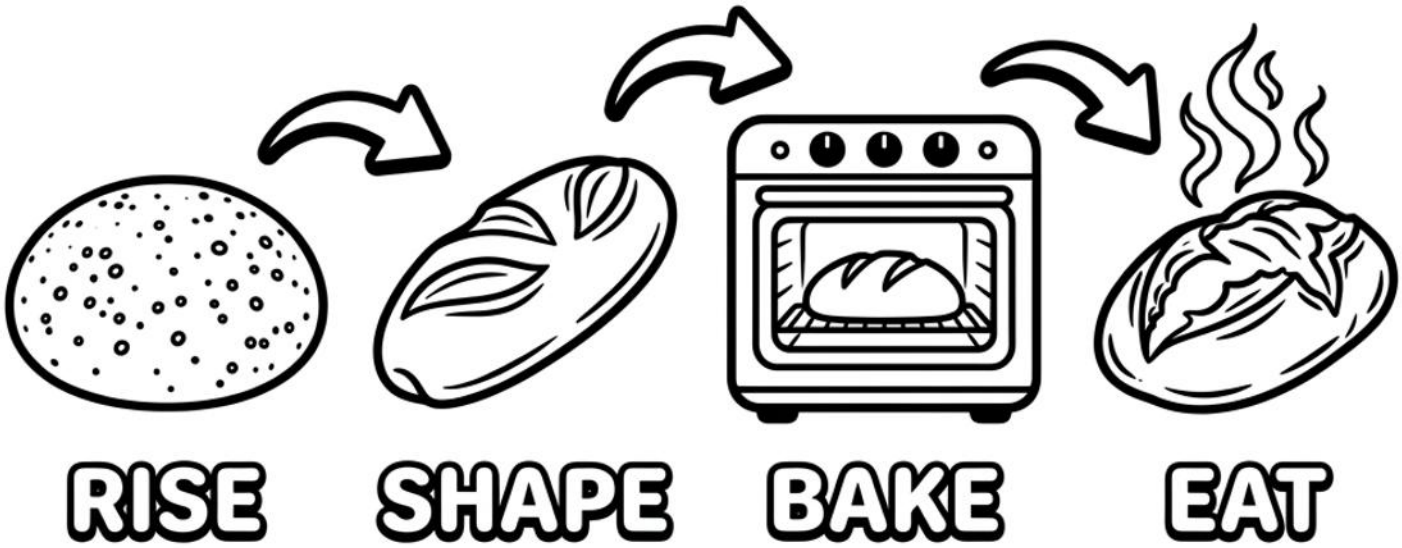
RISE
SHAPE
BAKE
EAT